



Patient Instructions Orthotics

Your new orthotic device was designed to support and protect against specific instabilities. No brace can provide absolute protection. Proper fit, maintenance, and use are critical to provide desired function. The following suggestions will help maximize comfort and brace performance. Frequent follow-up is required to maintain desired function.

- *Always wear a clean dry sock under foot and ankle braces.
- *Wear a well fitted enclosed athletic/walking shoe for an ankle/foot orthotic.
- *Changing to different shoes MAY affect brace function and fit.
- *Clean all braces by wiping with a damp cloth or sponge, you may use rubbing alcohol to disinfect. Never use an abrasive soap or detergent.
- * It is normal for the orthosis to feel a bit odd at first, however if it is painful stop wearing the brace and call your Orthotist.
- *Inspect skin and all bony areas around the brace frequently for pressure areas.
- *Any frayed or torn strap, loose hinges, or hardware should be repaired by a qualified Certified Orthotist
- * All mechanical hinges, pivots, and locking mechanisms require frequent maintenance by a Certified Orthotist.

Suggested initial wearing schedule:

Week One: Alternate between one (1) and two (2) hours on and one (1) and two (2) hours off during waking hours only. Inspect for redness, irritation, or pressure areas. Call Orthotist if problems arise.

Week Two: If brace was well tolerated during week one alternate for four (4) hours on and one (1) to two (2) hours off.

Week Three: You should be able to wear brace during waking hours as prescribed by physician. Return to Orthotist for follow-up brace check, adjustments, and any additional instructions.

Special Instructions:

If any problems or questions should arise please call:
502-585-4228 to schedule an appointment